

## Nutrition Services

Publicly funded nutrition services in Washington include the Washington Basic Food Program (BFP), the Basic Food Nutrition Education Program (BFNEP), the Supplemental Nutrition Program for Women, Infant, and Children (WIC), Maternity Support Services, Emergency Food Assistance Program (EFAP), and the School Lunch Program.

### **Washington Basic Food Program (BFP)**

#### **What is the service?**

The Washington Basic Food Program (BFP) aims to allow financially needy families access to a more nutritious diet by increasing their ability to afford food. BFP supplements the incomes of families by providing food assistance. BFP is administered by the Washington State Department of Social and Health Services. Benefits are made possible through the United States Department of Agriculture Food and Nutrition Services' federal food stamp program and the Washington State General Fund. [http://www1.dshs.wa.gov/esa/eazmanual/Sections/PS\\_FedFoodAssist.htm](http://www1.dshs.wa.gov/esa/eazmanual/Sections/PS_FedFoodAssist.htm)  
[https://www2.wa.gov/dshs/onlinecso/food\\_assistance\\_program.asp](https://www2.wa.gov/dshs/onlinecso/food_assistance_program.asp)

Basic Food Program clients may be required to register for work and participate in the Food Stamp Employment and Training program as a condition of eligibility for benefits. The program provides job search, education and training services to help Basic Food recipients find employment and achieve self sufficiency. At this time the Food Stamp Employment and Training program is only available in King County.  
<http://www1.dshs.wa.gov/esa/eazmanual/Sections/FSETgenrqmnts.htm>

#### **How/where is it provided?**

Basic Food Program has two programs: <sup>1</sup>

- The Federal Food Stamp Program (FSP) provides benefits paid directly to eligible clients through Electronic Benefits Transfer (EBT) cards, which can be used at all participating grocery stores. The household net income and family size determine the amount on the EBT card.
- The Food Assistance Program for Legal Immigrants (FAP) is state funded and serves legal immigrants who are ineligible for the FSP due to citizenship status. Benefit payments are similar to FSP.

#### **Eligibility**

Household gross income less than or equal to 130% of the Federal Poverty Level (FPL). <sup>1</sup>  
Household net income (after allowable deductions) less than or equal to 100% FPL. Additional eligibility requirements for individuals can be found at:  
[http://www1.dshs.wa.gov/esa/eazmanual/Sections/PS\\_FedFoodAssist.htm](http://www1.dshs.wa.gov/esa/eazmanual/Sections/PS_FedFoodAssist.htm)  
[https://www2.wa.gov/dshs/onlinecso/food\\_assistance\\_program.asp](https://www2.wa.gov/dshs/onlinecso/food_assistance_program.asp)

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<sup>1</sup> Washington State Department of Health, Basic Food Program.” Website: [https://www2.wa.gov/dshs/onlinecso/food\\_assistance\\_program.asp](https://www2.wa.gov/dshs/onlinecso/food_assistance_program.asp)

## Who is receiving the service?

The following information and table come directly from the Economic Services Administration (ESA) Briefing Book and highlight the demographic characteristics of clients served.<sup>2</sup>

- Approximately 525,000 clients received food stamp benefits in State Fiscal Year (SFY) 2005.
- Children made up 42.5% of the recipients.
- Over 14% of the state's child population received food stamp benefits in SFY 2005.
- The average payment per case in SFY 2005 was \$174 (on average there were 2 people per case).

### Basic Food Program Client Demographics, June 2005 Source: ESA-ACES Data

Characteristic	All Clients		All Adults		All Children	
	(525,451)	Percent	(305,144)	Percent	(220,307)	Percent
<b>Gender</b>						
Female	292,305	55.6%	183,454	60.1%	108,851	49.4%
Male	233,119	44.4%	121,674	39.9%	111,445	50.6%
Unknown	27	0.0%	16	0.0%	11	0.0%
<b>Race</b>						
White	318,909	60.7%	204,435	67.0%	114,474	52.0%
Hispanic	75,212	14.3%	27,496	9.0%	47,716	21.7%
Black	45,492	8.7%	25,944	8.5%	19,548	8.9%
Asian/Pacific Islander	24,171	4.6%	16,549	5.4%	7,622	3.5%
Native American	18,946	3.6%	11,836	3.9%	7,110	3.2%
Unknown	42,721	8.1%	18,884	6.2%	23,837	10.8%
<b>Age</b>						
<17 years	212,431	40.4%	0	0.0%	212,431	96.4%
17-20 years	29,430	5.6%	21,554	7.1%	7,876	3.6%
21-49 years	200,269	38.1%	200,269	65.6%	0	
50-64 years	52,394	10.0%	52,394	17.2%	0	
65+ years	30,927	5.9%	30,927	10.1%	0	0.0%

## Basic Food Nutrition Education Program (BFNEP)

### What is the service?

<sup>2</sup> Washington State Department of Social and Health Services. "ESA Program Briefing Book." Website: [http://www1.dshs.wa.gov/pdf/esa/briefbook/2005program\\_descriptions.pdf](http://www1.dshs.wa.gov/pdf/esa/briefbook/2005program_descriptions.pdf) June 2005.

The Basic Food Nutrition Education Program (BFNEP) educates those participating or eligible for the Basic Food Program on ways to eat healthy and be active. It is a partnership between the Washington State Department of Health, United States Department of Health and Human Services, and the USDA. BFNEP benefits are provided through the USDA Food and Nutrition Services, sponsored by the Department of Health, and composed of contracted government partnerships with local health jurisdictions, Tribal Organizations, as well as non-profit organizations. Activities are targeted to Basic Food Program participants.  
<http://www.doh.wa.gov/cfh/bfnep/default.htm>

### **How/where is it provided?**

BFNEP services are provided by the contracted agency, including 12 Local Health Jurisdictions (LHJs), 11 Indian Tribal Organizations, one state agency (serving 18 local sites), and one non-profit organization.<sup>3</sup>

### **Eligibility**

BFNEP contractors must demonstrate targeted activities for individuals and families participating or eligible for the Basic Food Program.<sup>1</sup> A federal waiver allows contractors to provide interventions to groups where at least 50% of the audience is at or below 185% FPL. Additional requirements can be found at:

[http://www.doh.wa.gov/cfh/bfnep/publications/BFNEP\\_Guidance\\_FFY06.pdf](http://www.doh.wa.gov/cfh/bfnep/publications/BFNEP_Guidance_FFY06.pdf)

### **Who is receiving the service?**

Information from the Federal Fiscal Year (FFY) 2005 Annual Report indicates that 346,757 individuals received nutrition education services (107,115 directly and 239,642 indirectly).<sup>1</sup> A listing of contractors and contact information can be found at:

[http://www.doh.wa.gov/cfh/bfnep/publications/BFNEP\\_Guidance\\_FFY06.pdf](http://www.doh.wa.gov/cfh/bfnep/publications/BFNEP_Guidance_FFY06.pdf)

## **Supplemental Nutrition Program for Women, Infants, and Children (WIC)**

### **What is the service?**

WIC provides healthy foods, nutrition and physical activity education, breastfeeding support, health screening, and referrals to health and social services to low-income pregnant women, new mothers, infants and children under the age of five. WIC is funded by the U.S. Department of Agriculture and is operated by the Washington State Department of Health (<http://www.doh.wa.gov/cfh/WIC/default.htm>).

- Women (pregnant, breastfeeding and postpartum) and children receive checks to buy milk, eggs, cheese, sugar free juice, peanut butter, low-sugar, high iron cereal, and dried beans, peas and lentils. During summer months, clients can receive produce from authorized farmers markets (<http://nutrition.wsu.edu/markets/index.html>). Infants receive

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<sup>3</sup> Washington State Department of Health, "Basic Foods and Nutrition Education Program". Website: <http://www.doh.wa.gov/cfh/bfnep/default.htm> . Accessed 11/05

checks for high vitamin C juice and iron fortified infant cereal. For infants not breastfed, WIC provides checks for iron fortified infant formula.

- Health screening includes client interviews, weighing and measuring, checking blood iron levels, assessing diet and eating patterns, and screening for immunization status.

### **How/where is it provided? <sup>4</sup>**

WIC is provided throughout the state at migrant and tribal health centers, health departments, social service centers, hospitals, military bases, community centers, and churches. In Washington there are 225 WIC sites operated by 66 WIC agencies.

### **Eligibility <sup>4</sup>**

Participants must be a pregnant, breastfeeding or postpartum woman, with an infant or a child under age 5 with a household income at or below 185% of the Federal Poverty Level. Women and children enrolled in Medicaid are adjunctively income eligible for WIC. In addition, clients must have an identified nutrition, dietary, or health need in order to be eligible for WIC.

WIC is not an entitlement program. Determination of who will be served is based on a federal priority system. Pregnant women, breastfeeding women, and infants are top priority for service. Children age 1 to 5 are served next. Additionally, if funding allows, non-breastfeeding mothers are served until 6 months postpartum.

Additional requirements can be found at: <http://www.doh.wa.gov/cfh/WIC/eligibility.htm>

### **Who is receiving the service?**

- In FFY 2005, over 50% of all infants born in Washington were served by WIC. In rural counties over 66% of all infants born were served. Approximately 270,000 women and children are served each year.

### *Race/Ethnicity Distribution of WIC Clients, April 2005 <sup>4</sup>* (Unduplicated and adjusted for King County)

<b>Race/Ethnicity</b>	<b>Unduplicated Clients</b>	<b>Percent of WIC Clients</b>
American Indian	8,404	4.9%
Asian or Pacific Islander	11,483	6.7%
Black	14,235	8.3%
Hispanic	55,791	32.5%
White	81,587	47.6%
Totals	171,500	100.0%

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<sup>4</sup> Washington State Department of Health, "Women, Infant, and Child (WIC) Program". Website: <http://www.doh.wa.gov/cfh/WIC/default.htm>. Accessed 11/05

*Income of WIC Clients as Percent of Poverty, April 2005*

Percent of 2005 Federal Poverty Level	Percent of WIC Clients
No income	7.8%
1-85%	47.3%
86-105 %	12.2%
106-125%	10.6%
126-135%	4.4%
135-165%	10.6%
166-185%	4.0%
Over 185% (enrolled in Medicaid)	3.1%
Total	100%

**Maternity Support Services (MSS)**

**What is the service?**

Maternity Support Services (MSS) is a component of First Steps services provided to low income pregnant women. MSS include preventive health services by a multidisciplinary team including a Registered Dietitian (RD). The RD's role is to provide nutrition consultation to the other MSS team members in addition to screening, assessing, educating, counseling, and providing referrals to eligible clients. Currently, 60% of MSS dietitians also provide nutrition services for the Women, Infant and Children (WIC) Supplemental Nutrition Program. (See the *First Steps* services section for additional information). In 2003, 25,521 women on Medicaid received First Steps services. Approximately 14% of the First Steps services provided were nutrition services.<sup>5,6</sup>

**Emergency Food Assistance Program (EFAP)**

**What is the service?**

EFAP provides support to community and tribal programs that deliver emergency food assistance. It is a program of the Washington State Department of Community, Trade, and Economic Development. Assistance comes from the Washington State General Fund and includes funding support for food banks, tribes, food purchases, and training for food bank staff. [http://cted.wa.gov/portal/alias\\_cted/lang\\_en/tabID\\_271/DesktopDefault.aspx](http://cted.wa.gov/portal/alias_cted/lang_en/tabID_271/DesktopDefault.aspx)

**How/where is it provided?**

Food banks, distribution centers, and tribes can apply for funding support and technical assistance every two years.

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<sup>5</sup>Cawthon, L. Maternity Support Services and Maternity Infant Case Management Use by Women with Medicaid-paid Births in 2003, Washington State Department of Social and Health Services First Steps Database, 4/18/05.

<sup>6</sup>Conlon, D. Medical Assistance Administration First Steps Procedures by Procedure Code and Date of Service, Fiscal Years 2003-2005 Dates of Service. Washington State Department of Social and Health Services, 7/29/2005.

## **Eligibility <sup>1</sup>**

- Food Banks are eligible for assistance if they've been operational for at least one year, meet matching requirements, and do not charge a fee for services. Additional requirements can be found at:

[http://cted.wa.gov/portal/alias\\_cted/lang\\_en/tabID\\_277/DesktopDefault.aspx](http://cted.wa.gov/portal/alias_cted/lang_en/tabID_277/DesktopDefault.aspx)

- Tribes are eligible for assistance if they are federally recognized or are a non-profit organization, meet match requirements, and do not charge for services. Additional requirements can be found at:

[http://cted.wa.gov/portal/alias\\_cted/lang\\_en/tabID\\_277/DesktopDefault.aspx](http://cted.wa.gov/portal/alias_cted/lang_en/tabID_277/DesktopDefault.aspx)

## **Who is receiving the service?**

A listing of contractors and contact information can be found at:

[http://cted.wa.gov/portal/alias\\_cted/lang\\_en/tabID\\_277/DesktopDefault.aspx](http://cted.wa.gov/portal/alias_cted/lang_en/tabID_277/DesktopDefault.aspx)

## **School Lunch Program Services**

### **What is the service?**

- The National School Lunch Program is a federally-assisted meal program, offering low-cost/free nutritious meals to students in school. As of 1998, snack reimbursement during after-school programs is also included. The program also provides nutritious meals to students in public, private, and residential child care institutions (RCCIs).
- Websites:
  - [www.k12.wa.us/ChildNutrition/](http://www.k12.wa.us/ChildNutrition/)
  - <http://www.fns.usda.gov/cnd/lunch/default.htm>

### **How/ where is the service provided?**

- Washington has 382 Local Education Agencies (LEA's) providing free and reduced meals at:<sup>7</sup>
  - 278 public school districts
  - 46 private schools
  - 58 residential schools
- Various state education agencies operate with LEAs
- During the 2004-05 school year, participating schools received the following cash subsidies (free lunches: \$2.24; reduced price: \$1.84; paid lunches: \$0.21; free snacks: \$0.61; reduced-price snacks: \$0.30; paid snacks: \$0.05) from the US Department of Agriculture for every meal served that met the federal nutritional requirements. Schools also receive donated goods ("entitlement" foods: \$17.25/each meal served and extra commodities) from surplus agricultural stocks. Additionally, LEAs can receive reimbursement for after-school snacks served to children up to the age of 18 years that participate in educational or enrichment programs.

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<sup>7</sup> Office of Superintendent of Public Instruction, "A Partnership education: Child Nutrition Programs Washington State 2005".

- Nutritional requirements: <10 percent of calories from saturated fat, ≤ 30%of calories from fat overall, and one-third of “Recommended Dietary Allowances” of calories, protein, Vitamins A and C, iron, and calcium.
- As long as federal requirements are satisfied, the particulars can be determined by each school.

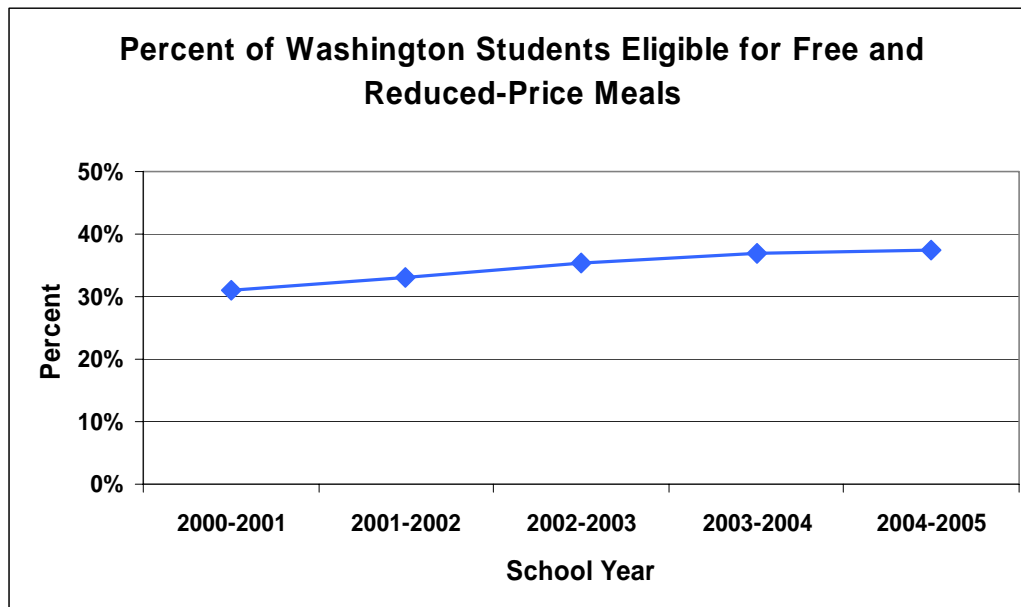
### Eligibility <sup>8</sup>

- Students in households at or below 130% FPL (Federal Poverty Level) can receive free meals.
- Students in households from 130% - 185% FPL can receive reduced-price meals (charged no more than \$0.40/each).
- Students in households > 185% FPL receive full price meals which can be subsidized.
- Same eligibility requirements hold for snacks unless ≥ 50% of children in the program are eligible, then all snacks are free.

### Who is receiving service?

*Public School Free/Reduced-Price Lunch, School Year 2004-2005 <sup>2,9</sup>*

<i>Year</i>	<i>Total K-12 School Enrollment</i>	<i># Free/Reduced Lunch Applications</i>	<i>% Eligible for Free/Reduced Lunch</i>
2004-2005	1,000,780	375,427	37.5%



<sup>8</sup> USDA, Nutrition Program Facts, Food and Nutrition Service, “National School Lunch Program”, Website accessed: <http://www.fns.usda.gov/cnd/Lunch/default.htm> Accessed 8/05

<sup>9</sup> Office of Superintendent of Public Instruction, Child Nutrition Services, “Child Nutrition Programs Washington State 2005”.

*National School Lunch Program, Public Schools Only, School Year 2004-2005*<sup>2,4</sup>

<b>Districts on National School Lunch Program</b>	278
<b>Districts not on National School Lunch Program</b>	18
<b>School/sites on National School Lunch Program</b>	1,927
<b>School/sites not on National School Lunch Program</b>	19
<b>Average Daily Participation, October 2004</b>	478,940
<b>Children with Access to Lunch</b>	1,000,142
<b>Children without Access to Lunch</b>	10,646
<b>TOTAL</b>	1,010,788

**Nutrition Services Issues/Concerns**

- While food security has improved in Washington over the past few years, on average from 2002-2004, 12% of Washingtonians were food insecure and about 4% were food insecure with hunger.<sup>10</sup>
- In 2003, about 60% of the estimated eligible population in Washington received food stamp benefits. The USDA performance target for 2010 is 68%.<sup>11</sup>
- WIC also helps address food insecurity and hunger among pregnant women and young children, but it is not an entitlement program and limited funding prohibits WIC from serving all eligible clients. Unpredictable increases in food costs also impact WIC's ability to meet client need.
- In many areas of Washington, WIC agencies are not able to serve postpartum women due to funding limitations. This is unfortunate since research indicates that future births are healthier when mothers are served until 6 months post-partum.
- Increasingly limited local government and community funding has begun to impact the ability of local WIC providers to meet community needs and has influenced the reach of the Basic Food and Nutrition Education Program.
- Promoting nutrition and health among food support programs remains challenging on many fronts.
  - The Basic Food Nutrition Education Program promotes connections between food availability, nutrition and physical activity. Yet, current USDA guidelines limit both the amount of time that the Basic Food Nutrition and Education Program can devote to promoting physical activity and to policy and environmental change activities related to nutrition and physical activity.
  - Enforcement of nutritional standards for the school lunch program have emphasized reducing the amount of dairy and hi-fat proteins in recent years.<sup>12</sup>

<sup>10</sup> Household Food Security in the United States, 2004.

<sup>11</sup> Castner LA, Shirm AL. Reaching those in Need: State Food Stamp Participation Rates in 2003. United States Department of Agriculture, Food and Nutrition Services, November 2005. <http://www.fns.usda.gov/oane/menu/Published/FSP/FILES/Participation/reaching2003.pdf>

<sup>12</sup> CNN "Officials, experts grapple with school lunch programs". Posted December 11, 2003. Website: <http://www.cnn.com/2003/EDUCATION/12/11/school.lunch.ap/>. Accessed 4/15/05